



# Minneapolis Afterschool Network

## Citywide Out-of-School Time System for Minneapolis

*An Initiative of the Minneapolis Youth Coordinating Board*

Newsletter  
2017

November

## YCB Launches MYCepaz



# MYCepaz

*Teen guide to mental  
well-being.*

[www.mycepaz.com](http://www.mycepaz.com)

After years of development, the Minneapolis Youth Coordinating Board is launching its mobile-friendly psychological first aid website [MYCepaz](http://MYCepaz).

The idea for MYCepaz came after the 2011 tornado in North Minneapolis. The devastation led members of Minneapolis Youth Congress to reach out to Nancy Carlson, Behavioral Health & Community Resilience Coordinator for the Minnesota Department of Health.

## Upcoming Events

### Visit our Professional Development Calendar

Find out about events, seminars and classes for youth work professionals on YCB's Professional Development Calendar.

Click [here](#) to learn more.

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### Take the Ignite Afterschool Survey

It's not too late to contribute to Minnesota's Professional Development in the Youth Work Field.

Our friends at Ignite Afterschool are launching a state wide survey of youth workers to learn about professional development needs and interests. This data will be invaluable in shaping educational support across the state and in Minneapolis. Please take the time to help shape our field!

If you are a youth work worker in MN, please take the time to fill out this 15 minute survey. Your participation will contribute information that will help fill the geographic and content gaps in professional development for youth works. You will also be entered for one of four Amazon gift cards! Click [here](#) to take the Survey!

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As a result, MYCepaz was created to help teens manage some of life's daily stressors, such as academics, relationship issues and family pressures. Through the use of journaling, music, mindfulness tips, games and yoga, it offers youth an intimate space to release their thoughts, tension and hopefully find inner peace.

MYCepaz was developed with help from the Minneapolis Youth Congress (MYC), in grades 8-12, whose moto is "No Change about Us without Us," in collaboration with the Minnesota Department of Health, Minnesota Behavioral Health Medical Reserve Corp (BH MRC) and the Minneapolis Youth Coordinating Board.

Visit the website at [www.mycepaz.com](http://www.mycepaz.com).

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## Minneapolis PARTNERS Conference Draws a Large Crowd to the Whittier Neighborhood



*Mayor Betsy Hodges poses with staff and youth from Minneapolis BUILD Leaders.*

On October 19, youth work professionals and community leaders (160 to be exact) from around the metro area gathered together at Whittier School & Recreation Center for the annual Minneapolis PARTNERS with Youth conference. For the seventh year, the City of Minneapolis has supported the convening of youth workers and provided workshops that speak to the expertise of youth work professionals.

Mayor Hodges kicked off the morning welcoming attendees and thanking them for their outstanding commitment to young people in the community and their efforts to keeping them safe, engaged, and thriving.

This year's theme focused on pathways to creating equitable youth engagement, through tracks that included Healing, Activating, Sustaining, and Opportunity, focusing

## SAVE THE DATE

2nd Biennial Joint Conference hosted by Ignite Afterschool and SciMathMN

[Capturing Imaginations: Building Skills](#) – Nov. 29 - 30

Conference Mission: To strengthen youth learning by investigating, connecting, and advancing formal and informal STEM education and workforce pathways.

**Making Meaning with Multiple Data Sets (M3)**

Jan. 19, 2018

Making Meaning with Multiple Data Sets (M3) is a process led by a certified facilitator that supports organizations in using 2-4 data sets to intentionally reflect, plan and identify action steps to improve their afterschool programs. The key to this process is the M3 Huddle, a 6-hour session that brings program teams together to intentionally make meaning of their data and plan action steps.

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## Highlight Your Afterschool Program in What's Up 612!

Help families and youth find things to do in the 612! With [What's Up 612!](#) now it's even easier to let others know about opportunities and resources available outside of the classroom. To have your program, resources, and/or events featured in What's Up 612! simply submit the following:



- Brief description of program
- Activity Type; Health & Fitness, Academics, Arts etc.
- Targeted grade level(s)
- Location address
- Contact information and website address
- Photo and/or video (recommended but not required)

**What's Up 612!** is an online resource for children and youth ages 5-21 where citywide afterschool programs, summer activities and resources can be found. To have your program listed, click [here](#).

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Thank you all for your work to benefit Minneapolis children and young people.

on topics such as trauma and leadership.

Before heading to their breakout sessions, national keynote speaker, professor and author Jason Sole spoke to attendees about the valuable roles youth have played and continue to play in historical social movements ( from civil rights in the 60's to "Black Lives Matter" now). In addition, he also discussed his memoir, *From Prison to Ph.D.: A Memoir of Hope, Resilience, and Second Chance*.

To further establish the message of youth engagement, lunch was provided by Community Bridge, which works with youth volunteers to provide healthy and nutritious meals to the Phillips West community.

The Partners with Youth Conference was sponsored by the Minneapolis Youth Coordinating Board, Minneapolis Employment and Training, the Minneapolis Health Department, and Youthprise. Special thanks to Hennepin County Libraries, the Minneapolis Parks and Recreation Board, Community Bridge, and Whittier Schools for their support in coordinating this event and making it such a success.

Please share this e-newsletter with colleagues, especially with those who work with children, young people, families and the broader Minneapolis community.

For more information on the Minneapolis Afterschool Network and its initiatives as well as ways to engage, please contact our Director of Projects [Phil Rooney](#) via email or at 612-673-2131.



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## Lights Shined Bright at Ignite's Light's on Afterschool



*Pillsbury House + Theatre Teen Programs Specialist Siddeqah Shabazz giving her thank you speech after receiving a Minnesota Afterschool Champion Award.*

On October 26, Ignite Afterschool lit up the Weisman Art Museum both literally and figuratively as it honored community leaders from across the state for their ongoing work on enhancing the quality of afterschool programs and improving access to them for all youth at the first-

ever Minnesota Afterschool Champion Awards. The ceremony was all part of the 18th annual Lights on Afterschool (LoA) Day held this year on the University of Minnesota's Minneapolis campus.

Among the 12 people honored were Superintendent Jayne Miller of the Minneapolis Park and Recreation Board and Teen Programs Specialist Siddeqah Shabazz of Pillsbury House and Theatre.

Lights on Afterschool is a nationwide celebration focused on the importance of afterschool programs. Research shows that young people who regularly participate in afterschool programs attend school more often, do better in school, and are more likely to avoid risky behaviors. These programs also support working families and prepare our next generation for success. Despite these proven benefits, large gaps persist in access to afterschool programs in Minnesota.

Checkout highlights from the event in the video below.



*Lights on Afterschool 2017 recap video.*

